

# NHP The Pier

## Ombudsman Newsletter, March 2016

The Pier is an authorized newsletter published for members of the Naval Hospital Pensacola Command and their family members. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.



**Commanding Officer-CAPT Sarah Martin**  
**Executive Officer-CAPT Frank Pearson**

**Command Master Chief-CMDCM Michael Hinkle**  
**Command Ombudsman-Mrs. Laura Taylor**

### Easter Eggstravaganza

Easter Eggstravaganza is back at Blue Angel Park on March 26th, from 12 PM - 4 PM! With over 10,000 eggs hidden with prizes and toys for children of all ages; Eggstravaganza will be sure to include fun activities to keep your family entertained all afternoon! The Easter Bunny will be visiting, so don't forget your camera! Egg hunts, inflatable games, crafts, activities and a photo booth will be available for families to enjoy! This event is FREE for all MWR authorized patrons, with food and beverages available for purchase. Call 850-453-6310 for more information!

#### Egg Hunt Times & Ages:

Age 2 & Under	1:00 PM
Age 2	1:15 PM
Age 3	1:30 PM
Age 4	2:00 PM
Age 5	2:30 PM
Ages 6 & 7	3:00 PM
Ages 8, 9 & 10	3:30 PM

See more MWR events at  
[www.navymwrpensacola.com](http://www.navymwrpensacola.com)



**March 26 ♦ Noon - 4 pm**  
**Blue Angel Park - Hwy 98**  
**2100 Bronson Rd**  
**Open to authorized MWR patrons**

**Egg Hunt ♦ Easter Bunny ♦ Prizes ♦ Games**  
**Face Painting ♦ Bonnet Making ♦ Free Entry**  
**Air Brush Tattoos ♦ Photo Booth ♦ Bounce Houses**  
**Bring Your Camera For Pictures With The Easter Bunny**

#### Egg Hunt Times

<b>Age Under 2 - walking</b>	<b>1:00 pm</b>
<b>Age 2</b>	<b>1:15 pm</b>
<b>Age 3</b>	<b>1:30 pm</b>
<b>Age 4</b>	<b>2:00 pm</b>
<b>Age 5</b>	<b>2:30 pm</b>
<b>Age 6 &amp; 7</b>	<b>3:00 pm</b>
<b>Age 8, 9 &amp; 10</b>	<b>3:30 pm</b>

**Food & Beverage available for purchase**



**Information:**  
**850.453.6310**



### March is National Nutrition Month

The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods— that's the best way to savor the flavor of eating right!

**MARCH**  
**IS**  
**WOMEN'S**  
**HISTORY**  
**MONTH**

**SPREAD THE WORD**

## Sailors of the Quarter for First Quarter FY 2016



HM1 Edgar Gonzalez  
Directorate for Administration  
Enterprise Senior Sailor of the Quarter  
1st Quarter, FY16



HM2 Chase Speed  
NBHC Panama City  
Enterprise Junior Sailor of the Quarter  
1st Quarter, FY16



HN Samuel Morales  
NBHC NATTC  
Enterprise Bluejacket of the Quarter  
1st Quarter, FY16

**HEY KIDS**

**GET MOVING**

Have Fun at your local Navy Exchange  
**"Just Dance" Competition**  
**Saturday, March 12th**  
**12:00 - 3:00 PM**

Save your spot! Pre-register on March 10-11 in the Electronics Department. See an Electronics associate for details.

## January & February Reenlistments

Congratulations to the following Sailors who reenlisted:

### January:

HM2 Robert Bennett  
CS2 Donnieray Aguilo  
HM3 James McDonald  
HM3 Noaman Shaikh  
HM2 Jonathan Harris  
HM2 Eugene Smith

### February:

HM2 Matthew Godwin  
HM3 Brandon Jozsa  
HM3 Stanley Maritim  
SH2 Jabril Clemmons  
Master Chief Andrew Ali  
HM2 Jessica Collazo  
HN Johnny Martin  
HM2 Daniel Williams

## Stay Connected with Us

Don't forget to "Like us" on Facebook for NHP news, events, updates and military history.

facebook





## Protect Your Grape

By LT Joseph Cahill, neurologist, Naval Hospital Pensacola

NAVAL HOSPITAL PENSACOLA, Fla. – Working as a neurologist has its challenges, but I have found that sometimes the real challenge lies at home with my own children and their attitudes towards protecting their brains or “grapes” as I like to call them.

As my children have grown older, it has become harder to convince them of the importance of wearing helmets when biking, skate boarding or doing other activities that can lead to head injuries.

The brain is a fascinating organ when it is working at its full capacity. However, just a small injury to the brain can change a person’s interaction and behaviors and make them almost unrecognizable. An injury to the prefrontal cortex, the motor planning center, can make a lifelong musician forget how to play piano. More devastating injuries, like those that occur in head trauma, can cause a disability in patients to the extent that they may no longer be able to care for themselves independently.

I have found it is often difficult to translate this medical-speak into teenager-speak. Regardless of the “worst case scenarios” that parents can paint, or the examples that can be presented, teenagers often ignore the cautions of their own parents. This even occurs at my own home despite my level of education and experience. It becomes a struggle, even for a neurologist, to enforce helmets to teenage boys trying to fit in with their skateboarding buddies or girls not wanting to mess up their hair with a helmet while riding a bike with their friends.

Like many parents, I was reluctant to wear a helmet as well growing up. It was a different time when helmet safety was not promoted like it is today, and it was before I saw firsthand the devastating head injuries that occur with just a simple fall from a bicycle or skateboard. It doesn’t take a lot of force to cause an injury to the brain. Simply falling off of a bicycle at slow speeds can cause a serious injury to the head if a helmet is not worn.

As parents grow older and get more experience, we begin to realize the nature of the business of being alive and how fortunate many of us are to have survived our own youth, especially those of us in the medical field. As a neurologist, I understand more than anyone the devastating consequences of children and adults not wearing helmets while snowboarding, skateboarding, bicycling or riding a motorcycle.

I am proud to say I bought my first real bike helmet while in neurology residency. I was resistant at first to riding with a helmet, but I couldn’t expect my children to ride with a helmet when their neurologist dad didn’t wear one. I could enforce them wearing a helmet when they were young, but not when they turned into irascible and often antagonistic teenagers. I’ll be the first to admit I can’t protect my children from everything, but at a minimum, I can provide a good role model for them and hope that something sticks.

As parents, let’s set a good example and educate our children at an early age on the importance of wearing a helmet. Please ensure as well that the helmet fits properly and that it is worn correctly. A helmet with the strap not connected won’t help during a fall. We may only have one chance to protect our “grape” or our children’s “grapes.”

Lieutenant Joseph Cahill is a graduate of the University of Wisconsin's Neurology Residency Program and is a board certified Neurologist. He graduated from La Universidad Autonoma de Guadalajara international school of medicine in 2009 and completed his final year of medical school at New York Medical College. Cahill is also an award winning screenwriter.



To learn more about helmet safety, watch the Helmet Safety Video on NHP’s YouTube page <https://youtu.be/lln0UZCcTxU>.

## CREDO Southeast NAS Pensacola Presents:

\*Personal Resiliency Workshop\*

16 March 2016

0830-1230

This Personal Resiliency Workshop will help foster your personal holistic growth including physical, psychological, emotional, and spiritual aspects.

### Desired Workshop Outcomes:

- Strengthen resiliency
- Establish personal growth goals
- Learn personal relaxation techniques
- Develop stress coping and problem-solving skills
- Take greater responsibility for personal decisions
- Develop spiritual fitness by deepening your sense of purpose in life
- Increase self-awareness and how your personal history shaped your life
- Enhance social wellness through friendship, family cohesion, and social support



### Who can attend?

Active-duty service members (including reservists in an active status) and their spouse. Workshop date is subject to change or cancellation/postponement due to attendance requirements.

**Where Does Training Take Place?** NAS Pensacola Chapel

**TO REGISTER** or for more information, call or email Tony Bradford:

(850) 452-2093 · [tony.bradford.ctr@navy.mil](mailto:tony.bradford.ctr@navy.mil)

## Red Velvet Smoothie

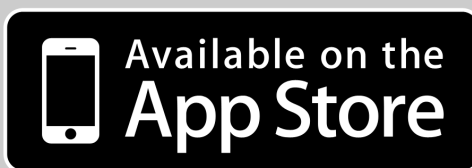
### Ingredients

1. 2 c. fresh spinach or super greens mix
2. 2 c. coconut milk, unsweetened
3. 2 c. strawberries
4. 4 dates, pitted
5. ¼ c. diced raw or cooked beets
6. 1 tbsp. cacao powder
7. ½ tsp. vanilla extract (optional)

### Instructions

Blend spinach and coconut milk until smooth. Add remaining ingredients, and blend until smooth.

## Download our Free App



Scan for Naval Hospital Pensacola app